

January 2020

Group Exercise, Excel Tae Kwon Do, and Pickleball

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

Group Exercise trial week for Session I—try any class for free January 6–12. Session I runs through February 23.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.			Boot Camp		Boot Camp		
8:30 a.m.			SilverSneakers Circuit		SilverSneakers Circuit		
9 a.m.							Yoga Core
9:30 a.m.		SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic	SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic		
10:30 a.m.		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		
noon		Hatha Yoga		Hatha Yoga		Beginning Yoga	
5:30 p.m.		Power Vinyasa	Yoga Stretch	Core 360 Yoga Core	Yoga Stretch		
6:45 p.m.		Vinyasa Flow ZUMBA	Yoga Nidra	Beginning Yoga H.I.I.T.	Hatha Yoga ZUMBA		

ADDITIONAL ACTIVITIES

EXCEL TAE KWON DO FOR ALL AGES.



This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O'Connor

Beginner • 150213-A
Tuesdays and Thursdays, 5:30–6:30 p.m.

Advanced • 150213-B
*Tuesdays, 6:45–7:45 p.m.
and Thursdays, 5:30–6:30 p.m.*

January 7–February 20
\$65 • Register by 1/12 • For all ages.
Registration opens 12/9.

Pickleball

M, W, F • 9:30 a.m.–1 p.m.
Court 4

TLRC membership or
purchase of a daily
admission pass
is required
to participate.



**TWIN LAKES
RECREATION
CENTER**
CITY OF BLOOMINGTON
PARKS AND RECREATION

1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 6 a.m.–10 p.m.
Sat.–Sun.: 7 a.m.–10 p.m.

Holiday Hours:

January 1: Closed
January 20: 6 a.m.–10 p.m.



btownparks



Twin Lakes
Recreation Center

bloomington.in.gov/TLRC

January 2020

The lower level is open for scheduled programming and rentals only.
Members may request use of the lower level at the front desk.

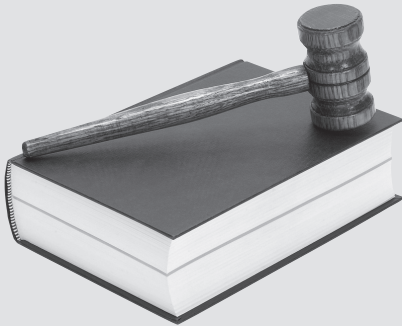
FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.					Advanced German

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

ADDITIONAL ACTIVITIES

FREE
Legal Counseling
Legal Counseling is cancelled for January, but will resume February 3.



Thursday, March 19
11 a.m.–3 p.m. \$3/person

Spring is coming! Time to fling off the winter blues and get active! Keep the entire family active during spring break at the Spring Fling.

Zorb Ball • Putt putt • Yoga
Jumbo games of Jenga and
Connect Four • Imagination
Playground • and more
lively games and activities!

Insurance-based Membership Options

The TLRC is a participating fitness facility with the following options. If you would like more information, ask at the front desk or call 812-349-3720.



silversneakers.com



myrenewactive.com



silverandfit.com



fitnesscoach.com



activeandfit.com



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